

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November 2019</h1> <h2>Emmitsburg 50+ Adult Community Center</h2> <p>Mon. &amp; Wed 8:30-7pm Tues. Thurs.&amp; Fri. 8:30-5pm</p>					<p>1 Exercise @ 10am Hoop Shoot 10am-12 Canasta @ 12-4 <b>GFS @1pm</b></p>	<p>2 <b>GFS- Groceries for Seniors @ FSC-Frederick Senior Center</b></p>
<p>3 <b>Fall Back</b> </p>	<p>4 <b>Coffee Time Chat &amp; Exercise 10am</b> Art Studio 1:30 Bunco 3-5pm *Yoga 5-6pm</p>	<p>5 <b>Strength Training @10am</b> Trivia @ 11am Games &amp; puzzles Jewelry making 1-4pm</p>	<p>6 Exercise @ 10am Hoop Shoot @10 Pickle Ball 1-3pm <b>Grandparents &amp; Grandkids</b> Crafts 3-5pm</p>	<p>7 <b>Knitting Class 9am-11</b> Strength Training @10am *Line Dancing 11 Canasta @12-4</p>	<p>8 Exercise @ 10am Hoop Shoot 10am-12 Canasta @ 12-4 Movie Matinee 2-4</p>	<p>9 <b>Trip Nov.8<sup>th</sup> Ashcombe Farm &amp; Greenhouses \$45.00 person Lunch included.</b></p>
<p>10 <b>Trip Nov.22<sup>nd</sup> Capital Radio &amp; TV Museum \$30:00 person bring money for lunch</b></p>	<p>11 <b>CENTER CLOSED</b>  Veterans Day (US) Remembrance Day (Canada)</p>	<p>12 <b>Strength Training @10am</b> <b>MAP/ Habitat For Humanity 11am</b> Jewelry making 1-4pm</p>	<p>13 Exercise @ 10am Hoop Shoot 10am- 12 Pickle Ball 1-3pm <b>Wings &amp; Music 6-8:30pm \$6.00</b></p>	<p>14 <b>Knitting Class -9</b> Strength Training Fresh Conversations 11 Safety Awareness 12:30</p>	<p>15 Exercise @ 10am Hoop Shoot 10am-12 Canasta @ 12-4</p>	<p>16 *****  14<sup>th</sup> 11am Fresh Conversations "Live Longer"</p>
<p>17 </p>	<p>18 <b>Coffee Time Chat &amp; Exercise 10am</b> Art Studio 1:30 Bunco 3-5pm *Yoga 5-6pm</p>	<p>19 <b>Strength Training @10am</b> <b>Nurse Steve BP's &amp; Why do my nails look different?</b></p>	<p>20 Exercise @ 10am Hoop Shoot @ 10am-12 Pickle Ball 1-3pm Pinochle 4-7pm</p>	<p>21 <b>Knitting Class 9am-11</b> Strength Training @10am *Line Dancing 11 Canasta @12-4</p>	<p>22 Exercise @ 10am Hoop Shoot 10am-12 Canasta @ 12-4 Movie Matinee 2p</p>	<p>23 <b>At the Movies</b> 8<sup>th</sup> Winn Dixie 22<sup>nd</sup> Something Has Got To Give</p>
<p>24 <b>Tuesday 26<sup>th</sup> Thanksgiving meal check your menu!!</b></p>	<p>25 <b>Coffee Time Chat &amp; Exercise</b> Art Studio 1:30-3:30 Bunco 3-5pm *Yoga 5-6pm</p>	<p>26 <b>Strength Training @ 10am</b> Memory Café &amp; Craft 11:30-1pm Jewelry making 1-4pm</p>	<p>27 Exercise @ 10am Hoop Shoot 10am-12pm Pickle Ball 1-3pm Pinochle 4-7pm</p>	<p>28  Thanksgiving Day (US)</p>	<p>29 <b>Closed for Thanksgiving Holiday</b></p>	<p>30 * <b>Line Dancing Thursdays 11am 10wks. \$30.00</b> * <b>Yoga 10wks. \$30.00</b></p>